

PLANTS AND SEEDS

CROCKPOT
Recipes

FOR EVERY DAY
OF THE WEEK

PROTEIN > 30G
FIBER 10-15G
CALORIES < 475



PS
Plants and Seeds

PLANT BASED NUTRITION

Beef and Quinoa stuffed peppers



 6 servings 475 calories

INGREDIENTS

- 1 lb extra lean ground beef (95% lean)
- 4 large bell peppers
- ½ cup dry quinoa
- 1 can (15 oz) diced tomatoes
- 1 chopped onion
- 1 tsp Italian seasoning
- 2 cloves garlic
- Salt & pepper

DIRECTIONS

1. Cook quinoa ahead of time.
2. Mix beef, quinoa, tomatoes, onion, and seasonings.
3. Cut tops off peppers and stuff mixture in.
4. Place in crockpot with ½ cup water.
5. Cook on low for 6 hours or high for 3–4 hours.



Lemon Garlic Chicken with Chickpeas



 6 servings 430 calories

INGREDIENTS

- 1.5 lbs chicken breast
- 2 cans chickpeas, drained and rinsed
- Juice of 1 lemon
- Zest of 1 lemon
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp oregano
- Salt & pepper
- ½ cup low-sodium chicken broth

DIRECTIONS

1. Add all ingredients to crockpot.
2. Cook on low for 6–7 hours.
3. Shred chicken and mix with chickpeas before serving.



Crockpot White Bean Chicken Stew



 6 servings 450 calories

INGREDIENTS

- 1.5 lbs chicken breast
- 2 cans white beans (cannellini), rinsed
- 1 cup diced carrots
- 1 onion, chopped
- 2 cloves garlic
- 4 cups low-sodium chicken broth
- 1 tsp thyme
- Salt & pepper

DIRECTIONS

1. Add everything to crockpot.
2. Cook on low for 7–8 hours or high for 4 hours.
3. Shred chicken and stir



High-Protein Vegan Lentil & Quinoa Chili



 4 servings 450 calories

INGREDIENTS

- 1 cup dried lentils (uncooked)
- $\frac{3}{4}$ cup dry quinoa
- 1 can black beans (rinsed/drained)
- 1 can kidney beans (rinsed/drained)
- 1 (28 oz) can crushed tomatoes
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 3 cloves garlic, minced
- 2 cups low-sodium vegetable broth
- 2 tbsp tomato paste
- 1 tbsp chili powder
- 1 tsp cumin
- $\frac{1}{2}$ tsp smoked paprika
- Salt and pepper to taste

DIRECTIONS

1. Rinse Quinoa/Lentils under cold water.
2. Add everything to crockpot, stir well
3. Cook on low for 6-7 hours or high for 4 hours until lentils are tender.
4. Adjust seasoning. Serve with avocado, lime cilantro



Easy Crockpot chicken tacos



 4 servings 465 calories

INGREDIENTS

- **1lb** Chicken Breast
- **2 cup** Salsa
- **4 tbs** organic taco seasoning mix
- **1 can** Fire Roasted Diced Tomatoes & Green Chilies (Rotel, drained)
- **4 tortilla** Ezekiel
- **1 cup**
- **1 cup** Quinoa (uncooked)

DIRECTIONS

1. Add chicken, salsa, taco seasoning, tomatoes to crockpot.
2. Cook on high 3-4 hours.
3. Shred chicken and stir.
4. Serve in tortilla with a side of quinoa



Turkey & Sweet Potato Stew



 4 servings 460 calories

INGREDIENTS

- 1 lb lean ground turkey
- 1 medium sweet potato, peeled & cubed (~1½ cups)
- 1 red bell pepper, chopped
- 1 small zucchini, chopped
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 (15 oz) can fire-roasted diced tomatoes (no salt added)
- 2 tbsp tomato paste
- 2 cups low-sodium chicken broth
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt & pepper to taste
- .5 tbsp olive oil (for optional browning)

DIRECTIONS

1. (Optional) Brown ground turkey with olive oil in a skillet.
2. Add all ingredients to crockpot and stir.
3. Cook on Low for 6–7 hours
4. Optional: dollop of greek yogurt, herbs



Tempeh Coconut Curry



4 servings 460 calories

INGREDIENTS

- 1 (8 oz) block tempeh, cubed
- $\frac{1}{4}$ cups cooked chickpeas (rinsed & drained)
- $\frac{1}{2}$ can (6.75 oz) full-fat coconut milk
- $\frac{3}{4}$ cup low-sodium vegetable broth
- 1 cup chopped tomatoes
- 2 cups cauliflower florets
- 1 cup chopped spinach (add at end)
- 1 red bell pepper, sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp curry powder
- 1 tsp turmeric
- $\frac{1}{2}$ tsp cayenne (optional)
- Salt and black pepper to taste

DIRECTIONS

- (Optional) Lightly steam or boil cubed tempeh for 5–10 minutes to reduce bitterness.
- Add all ingredients except spinach to the crockpot and stir well.
- Cover and cook on Low for 6 hours or High for 3–4 hours, until vegetables are tender.
- Stir in spinach in the last 15 minutes.
- Taste and adjust seasoning before serving.



Moroccan Chicken with Lentils



 6 servings 450 calories

INGREDIENTS

- 1.5 lbs chicken thighs (skinless, boneless)
- 1 cup lentils
- 1 onion, chopped
- 1 carrot, diced
- 1 tsp cinnamon
- 1 tsp cumin
- ½ tsp turmeric
- 2 cloves garlic
- 3 cups low-sodium broth

DIRECTIONS

1. Add all ingredients to crockpot.
2. Cook on low for 6–8 hours



Italian Chicken and White Bean Soup



 6 servings 440 calories

INGREDIENTS

- 1.5 lbs chicken breast
- 2 cans white beans
- 1 zucchini, diced
- 1 carrot, diced
- 1 can diced tomatoes
- 1 tsp Italian seasoning
- 2 cloves garlic
- 4 cups low-sodium broth

DIRECTIONS

1. Add all ingredients to slow cooker.
2. Cook on low for 6–8 hours.
3. Shred chicken before serving.



8. Crockpot Salsa Verde Chicken and Pinto Beans



 6 servings 440 calories

INGREDIENTS

- 1.5 lbs chicken breast
- 2 cans pinto beans
- 1 jar (16 oz) salsa verde
- 1 onion
- 1 tsp cumin
- Salt & pepper

DIRECTIONS

1. Add all ingredients to crockpot.
2. Cook on low for 6 hours.
3. Shred chicken and stir.